

FAST FOOD FOR THE ATHLETE

Subway	Sandwich on wheat – can order double meat - chicken, turkey, roast beef, ham Sun Chips, pretzels or baked chips
Bud's Broiler	Burger, chicken or fish on wheat bun
New Orleans bun Hamburger & Seafood	Grilled Tuna, Burger or Chicken on wheat Grilled chicken or tuna platter Seafood gumbo
Burger King	Hamburger or cheeseburger Whopper Jr or Chicken Whopper Jr, no mayo Santa Fe Fire-grilled Chicken Baguette
McDonald's	Hamburger or cheeseburger Chicken McGrill, no mayonnaise Egg McMuffin or Sausage Breakfast Burrito Can add extra order of eggs for more protein
Taco Bell	Bean burrito or Enchirito Regular soft taco; chicken soft taco
Super Popeye's	Combo – Grilled chicken, potato, salad, fruit <i>Fried chicken with skin pulled off has approximately the same calorie/fat as grilled skinless chicken.</i>
Wendy's	Chili Grilled chicken sandwich Classic Single Hamburger
Smoothie King	Hi Protein Smoothie, no turbinado/honey Myoplex or Myoplex Lite Gladiator The Low Carb Smoothie